

EPI Update for Friday, December 17, 2010 Center for Acute Disease Epidemiology (CADE) Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Pertussis weekly update now available on the IDPH website**
- **Carbon monoxide exposure safety tips**
- **Ho, Hummmmm.....Asleep at the wheel during the holidays**
- **EPI Update schedule over the holidays**
- **Meeting announcements and training opportunities**

Pertussis weekly update now available on the IDPH website

Increased pertussis activity is occurring in Iowa. So far this year, 604 confirmed and probable cases of pertussis have been reported in Iowa, which accounts for an approximately 64 percent increase in activity over the previous five-year average. Pertussis is expected to continue to increase over the next year. In light of this and to keep you up-to-date, CADE is now generating a weekly pertussis update report (similar to the flu report) which is accessible at www.idph.state.ia.us/adper/pertussis.asp .

Carbon monoxide exposure safety tips

Earlier this month, a worker in Iowa died from carbon monoxide poisoning at a construction site where portable generators were being used without adequate ventilation. Each year in America, carbon monoxide poisoning claims approximately 400 lives and sends another 20,000 people to hospital emergency rooms for treatment.

As the weather turns cold, your patients may be more likely to keep a car running in a garage to warm it up. Remember, even if the garage doors are open, normal circulation will not provide enough fresh air to reliably prevent a dangerous buildup of CO.

Below are two fact sheets with some simple steps your patients can take to protect themselves from carbon monoxide. Please consider providing copies to patients and the public as a reminder about the dangers of carbon monoxide.

Basic CO Safety Fact Sheet: www.usfa.dhs.gov/downloads/pdf/fswy17.pdf

Portable Generator Safety Fact Sheet: www.usfa.dhs.gov/downloads/pdf/fswy24.pdf

Also see IDPH www.idph.state.ia.us/eh/carbon_monoxide.asp

Ho, Hummmmm.....asleep at the wheel during the holidays

During the holidays, people spend additional time on the road, increasing their risk of injury caused by treacherous winter driving conditions, distracted driving, and driving under the influence. However, one of the most important risks that may be encountered while driving 'over the river and through the woods' is sleepiness or fatigue.

The National Sleep Foundation and the National Highway Traffic Safety Administration, estimates drowsy driving causes at least 100,000 car crashes a year in the U.S,

resulting in at least 1,550 deaths 71,000 injuries, and \$12.5 billion in diminished productivity and property loss annually.

Sleepiness is generally caused by sleep deprivation, untreated sleep disorders, and circadian rhythm factors such as jet lag and shift work. In addition, sleepiness may be caused by medication (prescription or over-the-counter), alcohol, or a combination. The most common cause of sleepiness is sleep deprivation. Talk to your patients about drowsy driving - you can find fact sheets and other resources at drowsydriving.org/resources/drowsy-driving-prevention-week-toolkit/ .

For additional information, visit the Sleep and Sleep Disorders: A Public Health Challenge website at www.cdc.gov/sleep/.

EPI Update schedule over the holidays

Due to the upcoming holidays, the next Update will be sent on Friday January 7, unless emergency issues arise.

Meeting announcements and training opportunities

None

We wish everyone healthy, happy and safe holidays!

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